

Stretch & Bend

Active Stretching Program Guide



"Building a Safer Place to Work"

Why Should You Stretch?

There are many benefits to taking time to stretch your muscles.

Stretching:

- ✓ Prepares your body for the day's activities
- ✓ Increases your flexibility
- ✓ Decreases the muscles tension and increases relaxation
- ✓ Promotes better blood circulation
- ✓ Improves your range of motion
- ✓ Enhances muscle coordination
- ✓ Increases body awareness
- ✓ Reduces the incidence and severity of an injury
- ✓ Delays the onset of muscle fatigue
- ✓ Increases team morale
- ✓ Is yet another step closer to living a healthier lifestyle

STRETCH #1: TRUNK TWIST



- Begin with feet shoulder-width apart and keep eyes facing forward throughout.
- Rotate your shoulder left-to-right 180 degrees, using the back arm as a counterbalance to maintain good posture. 20 reps.
 - **Muscle Group:** trunk rotation, rotator cuff, obliques, abdomen

STRETCH #2: METRONOME



- Place hands to your head and alternate leaning right and left for a total of 20 seconds.
- Keep your eyes fixed on one point in front to avoid dizziness.
 - **Muscle Group:** upper neck, pecs, latissimus dorsi (lats)

STRETCH #3: LOWER – TRAP SET



- Move arms fully back, as if your shoulder blades were squeezing a tennis ball.
- Turn at your waist from right to left for 20 seconds.
 - **Muscle Group:** lower trapezius, neck, pecs, trunk rotation

STRETCH #4: SHOULDER ROLLS



- Keep eyes forward and roll shoulders upward and around.
- Include a squat at your discretion to increase heart rate.
 - Muscle Group: shoulder and rotator cuff

STRETCH #5: SHOULDER GIRDLE



- Look up – hold for 20 seconds. Tuck chin – hold for 20 seconds.
- Use the corresponding hand to tilt your head to the side with a gentle pull; this will engage your neck muscles. Hold for 20 seconds on each side.
- Hold opposite hand behind the back with each rep.
 - **Muscle Group**: shoulder, scapula, shoulder blade

STRETCH #6: TRAP – TO – ARM EXTENSION



- Place arms forward and palms upward.
- Then alternate rotating each arm back and downward, bringing shoulder blades to a set position for a total of 20 seconds.
 - **Muscle Group**: deltoid, pecs, arm, wrist

STRETCH #7: ARM CIRCLES



- Cross arms in front and rotate all the way around, creating a wide **circle**.
- 20 seconds forward and 20 seconds backward.
 - **Muscle Group**: shoulder and rotator cuff.

STRETCH #8: DELTOID PUMPS



- Hold elbows tight against your trunk, tucked in.
- Rotate forearms outward with fingers outstretch, then bring arms back to start position with fists closed into a tight ball.
- **Muscle Group:** deltoids, wrists

STRETCH #9: HAMSTRING STRETCH



- From a standing position, move your leg back as far as you comfortably can while keeping your opposite foot flat on the ground. Keep toes pointed forward.
- Placing both hands on your thigh for support, slowly bend forward over your knee, keeping your head straight. Hold this position for 20 seconds.
- When finished, push upward with your arms until you are standing straight.
- Repeat with other leg.
 - **Muscle Group:** hamstrings

STRETCH #10: BODY STRETCH



- Interlock your thumbs. Raise arms over your head, directly above shoulders. Hold for 20 seconds.
- Bend forward keeping your legs straight, reach towards the ground and pull up on your toes. Hold for 20 seconds.
 - **Muscle Group**: full body

STRETCH #11: FOREARM STRETCH



- Straighten your right arm. Take left hand, grab fingers and pull down for 20 seconds. Then pull fingers upward and hold for 20 seconds.
- Repeat for the other arm.
 - Muscle Group: wrist extensors

“While stretching is generally safe, please contact a medical professional if you have any concerns before performing these stretches.”



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Safety Policy Statement

Olympic considers the personal safety and health of each employee of primary importance. Prevention of injury shares an equal place with quality and productivity. Olympic firmly believes that proper planning and foresight will make working safely and working productively mutually attainable goals.

This Stretch & Bend Program is designed to keep YOU, the most important part of our company, safe and productive.



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